

laura henry harrogate yoga

for well-being in mind, body and soul

Beginners Introduction to Yoga

At online
Dates Sundays - ongoing
Times 9.30 – 10.30am
Cost £5 per class

The classes introduce the basics of yoga, including breath awareness and gentle warming up exercises - gradually leading to more challenging movements. This course prepares you for continuation to more advanced classes. By continuing with yoga classes and cultivating home practice – your body will become stronger and more supple, so movement will become more pleasurable. As you learn to breathe with more ease, you will sleep better and deal with stress better, helping you towards a happier, healthier life.

This is what Clare Harris and Liz Rainey said about Laura's teaching: *"Our yoga sessions are always thoroughly relaxing and therapeutic. Laura structures and adapts the sessions to meet people's varying needs, and makes you feel really welcome and at ease."*

For more information email: laura.m.henry@outlook.com or ring 07740 457769

Terms and conditions

The classes constitute a course therefore the full amount is due, including when classes are not attended. Fees are non-refundable.

Booking Form Beginners Course

In order to register for classes, complete the form below, get in touch with Laura Henry and make your payment. Email laura.m.henry@outlook.com or ring 07740 457769 to get details for making a BACS payment.

Name.....

Address.....
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Tel no..... email.....

How did you hear about this course?.....